

June Produce Pick



Asparagus



Asparagus is a great source of Vitamin A, C, E and K.

Like other vegetables, asparagus is high in antioxidants which protect your body from harmful substances.

Asparagus is a member of the Lily family.

When farmers do not harvest Asparagus, it can grow to be 4 to 6 feet tall.

China grows the most Asparagus in the world! The United States grows the 3rd most Asparagus, after Peru.

Asparagus can be harvested in three different colors: Green, White, and Purple. Purple asparagus turns green after cooking.

In ancient times, crushed asparagus tips were used to reduce swelling and pain from bee stings, wounds and infections.

